

Seasonal Flu Clinic Resources for Middle and High School Students

The Montgomery County Department of Health and Human Services is actively working in the community to provide information and guidance about seasonal flu and about the novel H1N1 influenza virus (swine flu). Information is posted on (www.montgomerycountymd.gov/h1n1flu). It will be updated frequently as more information becomes available.

The Centers for Disease Control is recommending that EVERYONE get vaccinated this year against the seasonal flu and get vaccinated early. Seasonal flu vaccine is not the vaccine for H1N1 (swine flu) and will protect only against seasonal flu. **Information about the H1N1 vaccine and the availability of community vaccination sites will be available later in the fall.**

The Centers for Disease Control encourages all children and adults to get the seasonal flu vaccine. Because children get and spread flu, vaccination of children helps protect family members and others in the community.

- Your private health care provider is a resource for seasonal flu vaccine.
- Montgomery County Health and Human Services will conduct seasonal flu clinics on:

Saturday, October 31, 2009, 10am – 2pm at the Silver Spring Health Center, 8630 Fenton Street, 10th floor, Silver Spring, Maryland

November 5, 2009 8:30 am – 12 noon at the Germantown Recreational Center, 18905 Kingsview Road, Germantown, MD

November 12, 2009 4- 7 pm at the University of Maryland Shady Grove, 9630 Gudelsky Drive, Building II, Rockville, MD

- Maxim Healthcare Services offers seasonal flu vaccine at locations in Montgomery County. To find the nearest vaccination site go to www.findaflushot.com
- Passport Health provides vaccinations for children and adults 6 months of age and older. Contact Passport at 301-408-4544 or go to www.passporthealthmetro.com.

- Adventist Healthcare provides vaccinations for adults 18 years of age and older. www.adventisthealthcare.com/health/calendar
- Other resources:

www.medstarhealthvna.org

www.minuteclinic.com

www.walgreens.com

www.WashingtonTravelClinic.com

Please keep in mind these general precautions for preventing flu and staying healthy—

- **Teach children good hand hygiene etiquette.** Hands should be washed frequently with soap and water, and hand washing should last for at least 20 seconds. You can set a good example by doing this yourself. If hands are not visibly soiled, hand sanitizers containing at least 60 percent alcohol are also effective
- **Teach children to cover their coughs and sneezes with tissues.** Be sure to throw tissues in waste receptacles after each use. Wash hands as soon as possible. Cover coughs and sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable. Teach children not to share personal items such as drinks, food or unwashed utensils.
- **Learn the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired.
- **Keep sick children at home.** Any child who is determined to be sick should be sent home. It is important to keep sick children at home for at least 24 hours AFTER they no longer have fever or do not have signs of fever, without the use of fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Plan for your children's care if you or your children become ill with the flu and need to stay home.** Talk to other family members, friends or neighbors about helping with sick children's care or possibly sharing care when several children are ill.
- **Stay informed.** For updated information on flu in our community, visit www.montgomerycountymd.gov/h1n1flu frequently.

For downloadable posters and brochures about hand washing and covering coughs, go to <http://www.cdc.gov/germstopper/materials.htm>.